



**HEADQUARTERS NEW JERSEY ARMY AND AIR NATIONAL GUARD
NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
3650 SAYLORS POND ROAD
FORT DIX, NEW JERSEY 08640-7600**

ARMY BULLETIN NO. 33 (Change 1)

10 September 2002

SEMI-ANNUAL AGR ARMY PHYSICAL FITNESS TEST (APFT) AND WEIGH IN

1. References:

- a. AR 350-41, Training in Units, Chapter 9
- b. AR 600-9, The Army Weight Control Program
- c. FM 21-20, Physical Fitness Training, Chapter 14
- d. AR 40-501, Standards of Medical Fitness, Chapter 7

2. The AGR APFT will be conducted on Tuesday, 150730 OCT 02. The test will be administered at the APFT field location on 18th Street and Doughboy Loop, Fort Dix, NJ. Major Commands have been assigned specific times for the APFT. The goal for this APFT is to continue the total accountability for every AGR soldier. All AGR soldiers will attend the event, unless they are specifically excused by the Chief of Staff. Any request to be excused will be initiated by the individual, in writing, through their chain of command, to the Chief of Staff.

The rain date for this event is 25 OCT 02. (Rain date is the only change in Change 1)

3. APFT Schedule and Personnel Requirements: See Enclosure 1.

4. Uniform:

- a. The ONLY AUTHORIZED UNIFORM is as follows:

(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform [PFU] is authorized; however, the new uniform cannot be mixed with the old PFU).

(2) The only optional items for wear are the black wool cap, black issued gloves, or gray or black biking shorts, which may be worn under the gray or new, black PFU shorts.

- b. Headphones are not authorized during the conduct of the test.

5. Report location is building 6894 (APFT Track) in PFU uniform. This includes soldiers on profile.

6. Administrative Requirements for each MSC to bring to the CofS Quarterly FTSS Meeting 170900 SEP 02 (at Menlo Park - Town Square Conference Room) are:

- a. A roster of all AGR personnel (See format in enclosure 2)

b. **Temporary and/or Permanent Profiles dated later than 08 Jul 02 will accompany rosters (Encl 2).**

c. **All Permanent Profiles must be current (not older than 5 years old or last physical date). Revalidation is mandatory if older than 5 years. The lack of a current Permanent Profile, when one has been issued, will result in the soldier not being permitted to test and a resultant failure.**

d. Permanent Profiles and Temporary Profiles of Long Duration may result in board actions. The Chief of Staff has directed a review of all Temporary or Permanent Profiles.

e. The office of the Chief of Staff retains the DA Form 705 for all AGR soldiers.

7. Taskings for events and equipment support.

a. G3 schedules, procures, and clears APFT site and buildings 6894 and 6897 for the event. Provide 15 clipboards, 3 stopwatches, 4 road vests, and 140 APFT vests for event. Provide large digital timing clock with charged battery at the finish line. Provide one camcorder with film, tripod and charged battery to provide a film record of both the finish line and the large digital clock. Schedule APFT site and buildings 6894 and 6897 for **25 OCT 02** if event is postponed due to inclement weather. Schedule two "stationary" bicycles with ergometers at the APFT site and locate indoors, for both 15 and **25 OCT 02**. Procure two (2) one-speed or multispeed "track" bicycles for event. Provide tape for track bike "to ensure that only one gear is used throughout the test".

b. G4 provides water with cups in building 6894 and at APFT track. Provide 20 bag lunches at building 6894 at 1330, and 20 bag lunches at building 3650 at 1200 for TDG personnel. Provide four scales and tape measurers for height/weight verification in drill hall, building 3650.

c. G6 disseminates this correspondence electronically and in distribution as an Army Bulletin to each NJARNG unit. Provide six hand-held radios for event.

d. Det 5, HQ STARC provides four medical personnel to support APFT and screen profiles, at building 6894. Provide one person on 9 OCT at 1000 hours, HQ, NJNG to screen AGR profiles.

8. Taskings for APFT Support:

a. 50th Brigade provides 20 TDG soldiers with OIC/NCOIC for weigh-in, height verification, and tape test. Provide computer hardware and software necessary to print tape test results, and set-up drill floor for the event.

b. 42d DISCOM provides 20 TDG soldiers with OIC/NCOIC for APFT administration to include filming and race clock.

c. 57th Troop Command provides 5 TDG soldiers for APFT administration.

d. TDG/Technician soldiers are required for APFT support. Soldiers must have a current APFT, and meet height/weight standards of AR 600-9 to perform the duty. Uniform is BDU for testers and support personnel.

9. Coordinating Instructions:

a. APFT support OICs and the G-Staff will back brief their support plans to the Chief of Staff on 091000 OCT 02 in the Main Conference Room.

b. The drill floor at HQ, NJNG (3650) will be set up NLT COB 11 OCT 02. Scales will be calibrated at the time they are set up on the drill floor.

c. APFT support personnel will be funded by the G3.

d. APFT support personnel will arrive at their respective site NLT 0700 hours on the day of the test.

10. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:

GLENN K. RIETH
Brigadier General, NJARNG
The Adjutant General


FRANK R. CARLINI
COL, GS, NJARNG
Chief of Staff

DISTRIBUTION: A, A2, B, C

2 Encls

1. Schedule and Personnel Requirements
2. Roster Format for AGR Soldiers

APFT SCHEDULE

<u>MAJOR SUBORDINATE COMMAND (MSC)/UNITS</u>	<u>REPORT TIME</u>
All 42d DISCOM Units	0730
HQ STARC (-Det 4)	0730
254 th REG, RTS-M, 63d AB, Det 19 OSA	0730
Det 4 (R&R), HQ STARC	1100
All 57 th Troop Command Units	1100
All 50 th Brigade Units	1430
T3BL	1430

PERSONNEL SUPPORT REQUIREMENTS

<u>MSC/UNITS</u>	<u>DATE/TIME</u>	<u>PERSONNEL</u>	<u>LOCATION</u>
42d DISCOM	15 Oct 02/0700	20	APFT Track
50 th Brigade	15 Oct 02/0700	20	HQ, NJNG (3650)
57 th Troop Command	15 Oct 02/0700	5	APFT Track
Det 5, HQ STARC	15 Oct 02/0700	4	APFT Track
Det 5, HQ STARC	09 Oct 02/1000	1	HQ, NJNG (3650)

- TDG/Technician soldiers are required for APFT support. Soldiers must have a current APFT, and meet height/weight standards of AR 600-9 to perform the duty. Uniform is BDU for testers and support personnel.

Encl 1
AGR APFT ROSTER
(Unit and MSC)

<u>RANK</u>	<u>NAME</u>	<u>UNIT</u>	<u>APFT Events</u>			<u>Alternate Aerobic</u>
			<u>PU</u>	<u>SU</u>	<u>Run</u>	<u>Event & Profile Info</u>
SGT	DOE, JOHN	CO C 2/113	X	X	X	
CPT	DOE, JAMES	CO C 250 SIG	X	X		Bike (Track)-Age 56
SFC	SMITH, ALLEN	2-102 AR		X	X	Perm Profile (12 Jan 1999)
2LT	JONES, WILLIAM	HHC 5-117 CAV				Temp Profile (Exp 20 Oct 02)
SSG	KIDDEN, U. GOTTA BE	3-112 FA	X	X		Bike (Stationary)-Perm Profile
						(17 May 01)
MAJ	MAJOR, MAJOR	1-114 IN		X		Walk-Perm Profile (27 Oct 00)
SSG	O'DOLLY, HILL	CO C 2/113	X	X	X	

- X – Indicates soldier takes the APFT event
- Blank entry – Needs listing of type and date of valid military profile. Civilian “profiles” are not acceptable. All Permanent Profiles must be current (not older than 5 years old or last physical date)